

# SELF-HELP

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## Summertime Food Safety

If you are planning on firing up the charcoals or putting gas in the grill, it is important to be aware of some "food safety tips" during the warm weather. The incidence of foodborne illness is most prevalent from May to September. Often foodborne illness can occur with symptoms like headaches, muscle aches, exhaustion, diarrhea, dizziness or vomiting. It is often misdiagnosed as the flu.

## Summertime Food Safety Tips

### 1. Wash hands often

Wash hands in warm, soapy water before preparing foods and after handling raw meats, including poultry and seafood. While preparing foods, whether it is raw meat, cooked meat, be careful of cross-contamination.

### 2. Keep raw meats and ready-to-eat foods separate

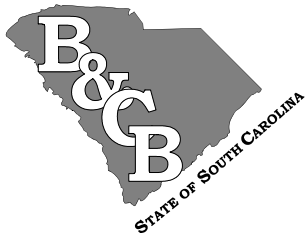
Cross-contamination occurs when the germs from juices of raw meats accidentally touch cooked or ready-to-eat foods. Make sure to use two separate cutting boards; one for raw meats, the other for ready-to-eat foods, like breads and vegetables.

### 3. Cook to proper temperature

Use a meat thermometer to help ensure the meat is cooked thoroughly. Now it's time to relax after your cookout, right? Not so fast. Make sure all of the uneaten foods are refrigerated within the hour after your meal.

### 4. Refrigerate promptly, below 40° Fahrenheit

This will help to reduce the growth of bacteria in the food.



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